



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01074, Sour cream, imitation, cultured

Report Date: July 05, 2017 03:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 230g
Proximates						
Water	g	71.15	2	--	20.17	163.65
Energy	kcal	208	--	--	59	478
Energy	kJ	872	--	--	247	2006
Protein	g	2.40	3	0.721	0.68	5.52
Total lipid (fat)	g	19.52	9	0.418	5.53	44.90
Ash	g	0.30	1	--	0.09	0.69
Carbohydrate, by difference	g	6.63	--	--	1.88	15.25
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	6.63	--	--	1.88	15.25
Minerals						
Calcium, Ca	mg	3	2	--	1	7
Iron, Fe	mg	0.39	--	--	0.11	0.90
Magnesium, Mg	mg	6	--	--	2	14
Phosphorus, P	mg	45	2	--	13	104
Potassium, K	mg	161	2	--	46	370
Sodium, Na	mg	102	3	28.006	29	235
Zinc, Zn	mg	1.18	--	--	0.33	2.71
Copper, Cu	mg	0.058	--	--	0.016	0.133
Manganese, Mn	mg	0.110	--	--	0.031	0.253
Selenium, Se	µg	2.5	--	--	0.7	5.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 230g
Thiamin	mg	0.000	--	--	0.000	0.000
Riboflavin	mg	0.000	--	--	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.74	--	--	0.21	1.70
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	4.8	--	--	1.4	11.0
Lipids						
Fatty acids, total saturated	g	17.791	--	--	5.044	40.919
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	1.028	2	--	0.291	2.364
10:0	g	1.006	2	--	0.285	2.314
12:0	g	8.138	2	--	2.307	18.717
14:0	g	3.364	2	--	0.954	7.737

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 230g
16:0	g	1.981	2	--	0.562	4.556
18:0	g	2.244	2	--	0.636	5.161
Fatty acids, total monounsaturated	g	0.588	--	--	0.167	1.352
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.589	2	--	0.167	1.355
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.056	--	--	0.016	0.129
18:2 undifferentiated	g	0.056	2	--	0.016	0.129
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	18	--	--	5	41
Amino Acids						
Tryptophan	g	0.033	--	--	0.009	0.076
Threonine	g	0.101	--	--	0.029	0.232
Isoleucine	g	0.147	--	--	0.042	0.338
Leucine	g	0.237	--	--	0.067	0.545
Lysine	g	0.193	--	--	0.055	0.444
Methionine	g	0.073	--	--	0.021	0.168
Cystine	g	0.010	--	--	0.003	0.023
Phenylalanine	g	0.129	--	--	0.037	0.297
Tyrosine	g	0.137	--	--	0.039	0.315
Valine	g	0.172	--	--	0.049	0.396
Arginine	g	0.095	--	--	0.027	0.219
Histidine	g	0.071	--	--	0.020	0.163
Alanine	g	0.075	--	--	0.021	0.172
Aspartic acid	g	0.170	--	--	0.048	0.391
Glutamic acid	g	0.545	--	--	0.155	1.254

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cup 230g
Glycine	g	0.048	--	--	0.014	0.110
Proline	g	0.271	--	--	0.077	0.623
Serine	g	0.148	--	--	0.042	0.340
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0